

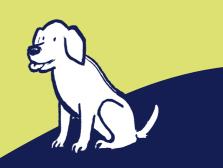
The Guide Dogs Run

Event guide



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Welcome

Get ready for a fun run with a difference everyone dresses as a dog!

Choose to tackle the course however suits you, whether you want to run, jog or stroll. Raise just £75 to get your paws on your very own Guide Dogs Run t-shirt!

After the run, the fun has just begun. Stick around in the Guide Dogs event hub, with music, activities and doggy demonstrations to celebrate our amazing charity.



Whether taking part on your own, or as part of a pack, every pound you raise will help transform the lives of people living with sight loss.

Need support or have questions? Get in touch with our team using the details below.



Email events@guidedogs.org.uk



Phone 0345 143 0200

Your event pack

We aim to get your event pack to you within a couple of weeks of registering. If you signed-up less than 3 days before the event, you can collect your pack at the Hub from 10am.

If you registered to run for yourself and others, all packs will be sent to you to give out to your team. If you haven't received your pack within two weeks, contact us using the details on page 3 of this guide.

Please make sure you and anyone you are running with fill out the back of your race number with your emergency contact details. This helps us to keep you safe at the event.

We have prepared lots of helpful resources for you to download at **<u>guidedogs.org.uk/eventresources</u>**. Here you can find fundraising tips and tricks, photos to share on social media and so much more.



Fundraising on JustGiving

Guide Dogs wouldn't be here without you. Our life-changing services depend on donations. Your fundraising will help us train more puppies and transform the lives of people living with sight loss.

Fundraising online is easy to set-up and safe to use. It saves administration costs to Guide Dogs as your fundraising is transferred to us from your page.

Check out our 5 top tips for online fundraising.

Head over to justgiving.com/guidedogsrun to set up your page.

2 Set yourself a fundraising target. We suggest £75 is a good place to start. Plus, if you reach it there'll be a reward from us! Add a story to your fundraising page. Share why you're taking part and fundraising for Guide Dogs. Making your page personal helps raise on average 65% more - you can even add a photo too.

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Make the first donation yourself. A page where you start the ball rolling tends to raise more, even if it's just £5 to help us cover the cost of your pack. Spread the word. Share your page wherever and with whoever you can to get those sponsors. JustGiving has links ready to send out via social media, email and WhatsApp.

Rewards up for grabs!

Thank you for fundraising – we have a selection of Guide Dogs goodies up for grabs.

We will check your total on JustGiving the Monday before the run and have your rewards ready for you to collect at the Event Hub.



If you hit these milestones after this, just grab a screenshot or photo of how much you've raised. Show this to our staff at the Event Hub on the day to claim your freebies!



Raise £150 or more to receive a belt bag and be entered into a prize draw to WIN one of three hampers full of Guide Dog goodies!

Plus you will also be invited to an exclusive thank you event at our National Breeding Centre in Leamington Spa.

Your fundraising will help children like Caitlin

Caitlin was born with congenital glaucoma and underwent almost 50 operations before her fifth birthday. Caitlin says:

I knew a guide dog could help me be even more confident and independent, but I never expected to gain a best friend as well. Honey puts a smile on my face every day with her puppy eyes and wagging tail. She's my reason to get out of bed in the morning and have a great day. We're a perfect match.



Event day

For the most up-to-date information on your event, always check the website at www.guidedogs.org.uk/guidedogsrun.

10am – Event Hub opens

Come say hello, have a look at our stalls and drop off your bag.

10.45am - Warm-up

You don't need to sign in, but make sure you arrive in time for our fun warm-up to get you prepared.

11am - Event starts

Countdown and off you go! You may be set off in waves at this point.

11.30am - First finishers

This is about the time the first people will cross the finish line. Once you've gotten your shiny medal it's time to join the fun at the event hub.

2pm – Event Hub closes

Event Hub amenities

Here you will find:

- Toilets
- Food traders
- Information point
- Warm-up area
- Bag drop

- First aid
- Entertainment
- Guide dog demonstrations
- Water point



Join the conversation

We want to share your day! Selfies, pre and post run photos, fundraising progress – please join our #guidedogsrun community.







O <u>@Guide_Dogs</u>



For all the latest event updates, like us on Facebook.

Photos will be taken on the day, if you would prefer not to be part of these simply pick up a wristband from the information point on the day.

Bringing your dogs

Dog care and welfare is at the forefront of everything we do. We ask all of you to please follow these guidelines as there will be guide dogs and pet dogs attending the event.

When a guide dog is in their white guiding harness it means they're working, so it's very important that you don't distract them by touching, feeding or talking directly to the dog.

Before approaching any dog at the event, whether they are a guide dog or a pet dog, always ask the owner before doing so.

If you're planning to bring your pet dog:

- Please only bring one pet dog per adult, and make sure you always have full control.
- All dogs need to be kept on a short lead throughout the event. Please don't use a flexi lead or long line.
- All dog waste needs to be cleared up and correctly disposed of throughout the event.
 Please bring your poo bags with you on the day.
- If your dog is taking part with you, please make sure they are fit, healthy and able.
- If your dog becomes stressed during the event, it's important that they don't continue. Please speak with a member of our Events Team who can help direct you to a calm area.
- Please don't bring your dog if she is in season.
- Be aware of forecasted weather conditions and how these may affect your dog taking part.





For FAQs please visit guidedogs.org.uk/guidedogsrun



Email events@guidedogs.org.uk

Phone 0345 143 0200

Guide Dogs is a working name of The Guide Dogs for the Blind Association. Registered Office: Hillfields, Burghfield Common, Reading, Berkshire RG7 3YG. A company limited by guarantee registered in England and Wales (291646) and a charity registered in England and Wales (209617), Scotland (SC038979) and Isle of Man (1334). B409 01/24

